how to stay safe AGAINST COVID+ other airborne illnesses

2026: CLEAN AIR/PURIFIERS AND RESPIRATORS WORK!

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SICK OF BEING SICK? NEW HEALTH ISSUES?

using layered mitigations, like vaccines, masking, ventilation, & testing, we can slow the spread of airborne illnesses. which can cause new and worsening health issues, no matter how healthy you were before. protect yourselves & your neighbors.

Resources: the Lancet, World health Network

Zine put together by: MO LOVE ♥

CLEANING THE AIR

- much of airborne illness is spread through schools. long covid has surpassed asthma as the leading chronic illness in the US. we have to do better - clean air. putting air purifiers in school, which we had the money for and was used for other things, would keep kids healthy and learning in school.
- air purifiers can also help with allergies and smoke.
- every doctors office & hospital should have them running continuously.

RESPIRATOR MASKS

- A quality, well-fitting respirator mask (ex: KN95) can help to stop the spread of airborne illness.
- Fit and type are important. A surgical mask is better than nothing, but has loose gaps which allow air in.
- wearing a mask in healthcare, public transportation, grocery stores, and places where a lot of people are shaffing air, such as a concert, would stop a lot of transmission.